

Diabetes care

Keep a close relationship with the team who help you and your whānau manage diabetes.

Your diabetes team can help you:

- manage your glucose level
- reach your personal HbA1c target.

Take your medications as directed.

- Check in with your pharmacist if you want to know more about your medications.

Talk to your GP about any newer medications that might be right for you.

Carry your glucose meter with you.

- Do not store or leave your glucose meter in the sun – this can damage your strips and meter.
- Check that the strips are in date – the date can be found on the side of the bottle.
- You can take your meter to the Pharmacy for its “WOF/Calibration or battery check”.



Places you can look for help

- Your healthcare team – see your nurse or doctor.
- www.healthnavigator.org.nz
- www.diabetesnz.org.nz
- www.mentalhealth.org.nz

Contacts

Auckland Centre

7 Horopito Street,
Mount Eden, Auckland 1024
☎ 0508 630 630
✉ auckland@nzals.co.nz

Hamilton Centre

222 Pembroke Street,
Hamilton 3204
☎ 0508 838 838
✉ hamilton@nzals.co.nz

Tauranga Centre

160 Fraser Street,
Tauranga 3112
☎ 0508 434 434
✉ tauranga@nzals.co.nz

National Office

☎ (04) 385 9410
✉ info@nzals.co.nz

Wellington Centre

42-46 Mein Street,
Newtown, Wellington 6021
☎ 0508 389 389
✉ wellington@nzals.co.nz

Christchurch Centre

330 Burwood Road,
Christchurch 8083
☎ 0508 383 383
✉ christchurch@nzals.co.nz

Dunedin Centre

464 Cumberland Street,
Dunedin 9016
☎ 0508 474 474
✉ dunedin@nzals.co.nz

Learn more about Peke Waihangā

- 🖥 www.pw.co.nz
- 🖥 www.orthoticservice.co.nz
- 🖥 www.peersupport.nz

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Peke Waihangā
Artificial Limb Service



Amputees
Federation
of New Zealand
Incorporated

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FACT SHEET

Diabetes Wellness On Your Prosthetic Journey



Diabetes wellness on your prosthetic journey

Good diabetes management helps:

- to reduce the risks of infections and ulcers
- your stump and other wounds heal quicker.

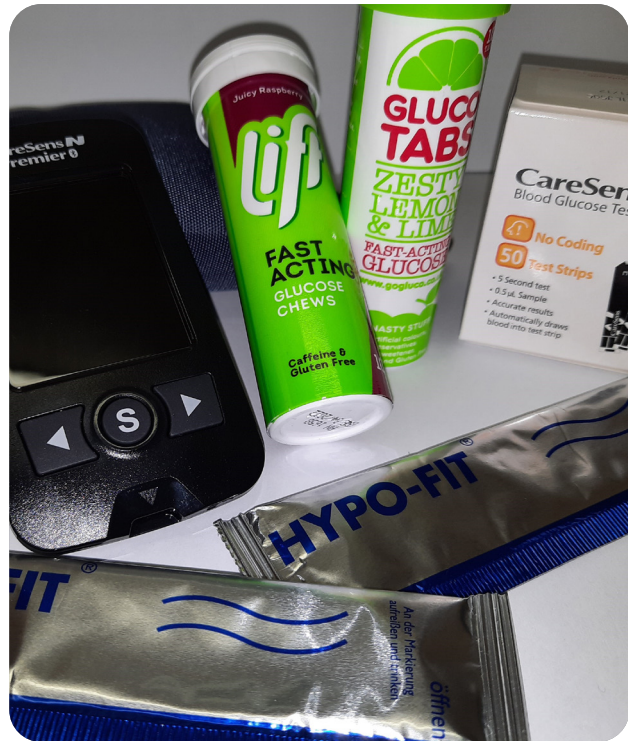
Your body may be under extra stress while healing from surgery or when you learn to walk on a new limb. Your blood glucose levels may become low (hypoglycaemia) and increase your risk of falling.

Do extra glucose checks to monitor for low blood glucose levels and **maintain your diabetes control**.

- Good monitoring is important before and at least up to 2 hours after exercise.

Always bring to the clinic:

- **an easy to eat snack or a hypo-fil sachet**
- **your glucose meter.**



How to look after and protect your remaining limb

Check the bottom of your foot daily. Use a mirror to see the bottom of your foot and heel. You may not feel a wound or cut.

- Ask for help if you cannot easily see.
- Get help early for cuts, blisters and scrapes.



See a Podiatrist at least every 3 months for toenail care and checking. Ask your GP if funding is available.

Moisturise your skin daily. If your skin is dry and you fall or bump it you can damage the skin and develop an ulcer which is hard to heal. If your skin is moisturised this reduces the risk of wounds.

Moisturised skin can become slippery with water. Be careful getting in and out of your shower and bath.

Talk to your GP about subsidised cream as part of your regular medications.

Look after your leg – don't hop on it.

Foot care

To take care of your foot, avoid:

- using crutches
- moisturising between your toes as this may encourage fungal growth.

Wear shoes with laces or straps. Ensure they are snug and don't slip, but not too tight that they leave marks or indentations.

Wear socks that are the correct size and don't cause marks on your skin.

If your socks leave marks try to use diabetic socks to reduce this and keep your feet dry.

See an Orthotist if you need help with footwear.

Stump care

- Follow the advice of the District Nurse if you have a wound.
- When your wounds have healed, wash your stump daily.
- Check your stump with a mirror – remember to look on the underside.
- Moisturise your stump daily.
- Massage your stump as instructed by your health professionals.
- Don't wear your shrinker when you are sleeping at night.
- If your stump shrinker is too tight, please call your local Peke Waihangā Centre and ask to speak with one of the Rehab Team (contact details are found on the back of this sheet). If your centre is closed, remove the shrinker and talk to the team as soon as you can.



For more helpful resources, please visit our website: www.pw.co.nz/resources